Turkey Casserole

Turkey casserole is a great way to use up holiday leftovers, or any leftovers in the fridge with a batch of frozen turkey. A turkey casserole can be made with just about any combination of vegetables. Don't overdo it with too many different types. Trying to stick to theme can make it easy and delicious, such as greens, basics (corn, potatoes, carrots), spring garden (yellow and green squash, green beans), or bready (vegetables and gluten free biscuits). With so many options, only one can be covered here. Adjust to personal tastes. Or try each one at a different time.

Pre Cook Preparation:

Marinate: Yes, in a gluten free gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Chopper to cut up meat
- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:

- Butter
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe casserole pan

Ingredients:

Meat:
- 2 pounds of shredded turkey

Vegetables:
- 6 ounces of carrots
- 6 ounces of peas
- 6 ounces of potatoes (sliced or diced)
- Optional:
  - 4 ounces of mushrooms
  - 1/4 cup of chopped onions

Other ingredients:
- 15 ounces of gravy (gluten free)
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:
1. Dice potatoes.
2. Dice 2 pounds of turkey.
3. Mix in 2.5 quart oven safe casserole pan:
   - 6 ounces of carrots
   - 6 ounces of peas
   - 6 ounces of potatoes (sliced or diced)
   - 2 pounds of shredded turkey
   - Dash of salt
   - Spices, such as pepper, to taste
   - Optional:
     - 4 ounces of mushrooms
     - 1/4 cup of chopped onions

4. Add a gluten free gravy mix and stir.
5. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.